

La Ciceri e Tria

(Recipe for 4 people)

Ingredients to prepare the pasta:

- 300g re-milled semolina
- 100g flour 00
- 150ml warm water

Ingredients to prepare the dressing:

- 500ml vegetable broth
- 150g dried chickpeas
- 100mL extra virgin olive oil
- 100g nduja
- 50g onion
- 50g celery
- 50g carrots

Execution:

12 hours before soak the chickpeas in salted water.

Only then will they be ready to be put in the pot together with the onion, celery and carrot to start their slow cooking, adding vegetable broth from time to time.

Start by preparing the pasta by pouring the two Flowers on the pastry board and forming a fountain, add the warm water to the dough: then knead the dough for about 10 minutes, waiting for bubbles to form, and a firm and smooth dough.

Cover your pasta with a damp cloth and let it rest for half an hour

Then take the dough and roll it out with the help of a rolling pin to obtain a sheet of about 2-3mm that you will cut into pieces of 10cm long by about 1 in width.

The pasta scraps so will be peculiarity of the recipe cut in an irregular way where they will be fried in seed oil thus obtain the so-called "frizzuli" giving the dish the crunchy part.

in a pan add the nduja, the cooked and seasoned chickpeas, add the boiled pasta and after mixing everything, add the fried pasta, a drizzle of olive oil and serve.